Caregiver Support Groups Lifespan Respite

OFFICE ON AGING PO BOX 4210 HELENA, MT 59624

Billings

Caretime Support Group for Caregivers Adult Resource Alliance of Yellowstone County 1505 Avenue D -2^{nd} floor

(406) 259-5212 (JoDee)

Alzheimer Association Support Group

Billings Clinic Downtown

Basement Room 1 801 North 29th Street

(406) 690-2468 (Ramona) 657-4773

Alzheimer Association Support Group

Canyon Creek Memory Care

1785 Majestic Lane

(406) 281-8455 (Amy)

The Grand Park Springs

1221 28th Street West (406) 652-6989 (Nadine)

West Park Village Assisted Living

2351 Solomon Avenue

2nd Floor Library

(406) 652-4886

Bozeman

Bozeman Senior Center

807 N. Tracy Bozeman, MT

(406) 586-2421 Judy

Alzheimer Support Group

Spring Creek Inn

1641 Hunters Way

Bozeman, MT

(406) 586-0074 (Alisha)

Monthly date varies 1 PM 2nd or 3rd Wednesday Call First

4th Monday

Noon

2nd & 4th Monday

11 AM

3rd Tuesday

2 PM

Call First

1st & 3rd Wednesday 2 PM

2nd Wednesday

1 PM

2nd & 4th Thursday

Noon

Butte Caregiver Support Group Belmont Senior Center 615 Mercury Butte, MT (406) 723-7773	1 st & 3 rd Tuesday	1 PM Call First
Alzheimer Association Support Group The Springs at Butte 300 Mount Highland Drive Butte, MT (406) 494-0083 (Shelly)	3rd Tuesday	7 PM Call First
Great Falls		
Alzheimer Support Group Benefis Health System Senior Services Benefis Eastview Memory Care Unit 2621 15 th Avenue South Great Falls, MT 59405 (406) 455-5919 (Donna)	1 st Tuesday	1 PM
Alzheimer Association Support Group Missouri River Care & Rehab 1130 17 th Avenue South Great Falls, MT (406) 771-4500 (Courtney)	2 nd Thursday	6:30 PM
Cambridge of Great Falls 1109 6 th Avenue N Great Falls, MT (406)727-7151 (Kaitlynn)	3 rd Tuesday	7 PM Call First
Highgate Senior Living 3000 11 th Avenue South Great Falls, MT (406) 454-099 (Jacob)	Last Wednesday	Noon Call First
Caregiver Support Group Benefis EastviewSenior Center Family Room Great Falls, MT	1 st Tuesday	1 PM

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(406) 455-5919 (Donna)

*Some support groups are being broadcast using video conferencing to towns throughout northcentral Montana. Call Karyn at 406-731-5588 for availability.

Video conference Locations: Big Sandy Medical Center, Liberty Medical Center-Chester; Sweet Medical Center-Chinook; Teton Medical Center-Choteau; Pondera Medical Center-Conrad; Missouri River Medical Center- Fort Benton; Northern MT Hospital-Havre; Central Montana Medical Center – Lewistown; Phillips County Medical Center – Malta; and Marias Medical Center – Shelby.

Bitterroot Valley Alzheimer's Support Group

South Living Room

Valley View Estates Health Care Center 1st & 3rd Fridays 1 PM

225 N. 8th Street Hamilton, MT

(406) 363-5690 (Katie)

Havre

Caregiver and Alzheimer Support Group Last Monday Noon

Northern Montana Care Center

24 13th Street

Havre, MT

(406) 262-1899 (Rachel or Ila)

Helena

Alzheimer's Support Group 2nd Tuesday/4th Thursday 7 PM

900 N. Montana Avenue

Helena, MT

(406) 431-0452 (Cindy)

Caregiver Support Group 2nd Tuesday 5:30 PM

St. Peter's Hospital 2475 Broadway

Helena, MT

Ticiciia, IVI I

(406) 442-6314 (Judy) (Call first)

Touchmark on Saddle Drive 3rd Sunday 4 PM

Call First

915 Saddle Drive

Helena, MT Respite care available

(406) 449-4900 (Nanette)

Libby

Libby United Methodist Church Tuesday 2 PM

713 Main Avenue

Libby, MT

(406) 293-4937 (Dorothy)

(406)293-4522 (Church)

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Kalispell 2nd Monday TBI and Caregiver Support Group 6 PM **Summit Conference Room** 205 Sunnyview Lane Kalispell, MT (406) 756-4720 Caregiver Support Group 3rd Monday **Buffalo Hill Terrace** 3 PM 40 Claremont Street Kalispell, MT (406) 752-9622 (Sally Kay) Missoula 3rd Tuesday Caregiver Support Group 4 PM Missoula Aging Services 337 Stephens Missoula, MT (406) 728-7682 (Sara) 2nd Wednesday Alzheimer's Association Support Group Noon Summit Independent Living Center Conference Room 700 SW Higgins Missoula, MT (406) 549-3433 (Jackie) 4th Monday 6:30 PM Alzheimer's Association Support Group Missoula Senior Center 705 South Higgins Missoula, MT (406) 549-3433 (Jackie) Caregiver Support Group and Education Wednesdays Noon The Village Senior Residence Call First* 2815 Old Fort Road Missoula, MT (406)549-1300 (Sarah) *Location and time may vary 2nd Wednesday Alzheimer Caregiver Support Group 1:30 PM Presbyterian Church of Polson 301 4th Avenue E Polson, MT (406) 849-6207 (Arlene)

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Cheerful Heart Cancer/Caregiver Support Group 2nd & 4th Monday Noon United Methodist Church 301 16th Avenue Polson, MT (406) 883-7284 or (406) 824-2868 (Tammy)

Alzheimer's Telephone Support Group

The Alzheimer Association, National Chapters provide a telephone support group for caregivers of individuals with Alzheimer's disease and related dementias. The purpose is to reach out to those caregivers who could benefit from a support group, yet find it difficult to travel to a meeting site or a meeting site is not available in your community.

For information about joining the telephone support group, call Kelli Moorehead, toll free: (800) 272-3900.

Caregivers Training

The Montana State University Extension Offices offer an educational program designed to provide the tools needed for caregivers to take care of themselves so they can continue to be an even more effective caregiver. The class consists of six 2-hour sessions. Participants receive the Caregiver Helpbook, handouts and numerous resources.

For more information about caregiver training and support in your area, call:

- Aging and Disabilities Resource Center or the Area Agency on Aging at 1-800-551-3191
- Local County Extension Office for information about classes in your area http://www.msuextension.org/health/Powerful_Tools.html http://www.powerfultoolsforcaregivers.org/book-store/

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